



# COOKING FOR WELLNESS

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GIANT  
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## IRISH COLCANNON

Yields: 4-6 Servings

### INGREDIENTS

1 pound russet potatoes, peeled and cut into ½ inch chunks  
1 pound red potatoes, cut into ½ inch chunks  
1 tsp kosher salt, divided  
6 Tbsp unsalted butter  
1 small head savoy cabbage (about 1 pound), cored and shredded  
4 medium scallions, white and green parts thinly sliced and separated  
½ tsp freshly ground black pepper  
½ cup whole milk or heavy cream  
¼ cup low-sodium chicken broth

### INSTRUCTIONS

1. Place the potatoes and ½ teaspoon of the salt in a medium pot and cover with cool water. Bring to a simmer over high heat. Reduce the heat as needed to maintain a simmer and cook until the potatoes are tender, about 10 to 12 minutes.
2. In skillet, bring to medium heat, add 2 Tbsp butter, then add the cabbage and the whites of the scallions. Season with the remaining ½ teaspoon salt and pepper and cook until tender and lightly browned, about 8 minutes.
3. While cabbage is cooking, potatoes should be about done. Drain the potatoes and return them to the cooking pot. Add the milk and 2 Tbsp butter and mash with a potato masher. The potatoes should retain a few small lumps for texture.

*continued other side*

### **INSTRUCTIONS,** *continued*

4. Add the chicken broth to deglaze the cabbage pan. Cook until the broth is reduced, about 3 minutes.
5. Once cabbage has cooked down, add the greens of scallions to warm cabbage and then add cabbage mixture to the mashed potatoes and fold to combine.
6. Transfer the colcannon to a large serving bowl and make a well in the middle of the potatoes. Add remaining 2 tbsp butter into the well and serve immediately.

*Optional:* Garnish with crumbled bacon